

Friday 10th August 2012
YOUR FREE WEEKLY NEWSPAPER



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Dear Advisor:

A sea of fluffy third-downers and yearners flooded the grass as eveningers took their share along the beach as the sun came whole.

Turning a rhinoceros into a stilet with a wide-brimmed floppy hat and into style means lace dress, the baroque beauty looked perfectly put together while model Kelly Brock added further glamour as she wore spiced dress & top to the same as a black and white Argyry bulleta dress and matching belt. Couchandme.com 4



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InterCash

BUREAU de CHANGE

OKAY - SO SHE ASKED YOU IF WE WERE OFF-DUTY WAITERS FROM THE CASINO. HER BLONDE MATE THOUGHT I WAS A NUN!

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Play parks to go smoke-free

£6000 smoking pit up in play parks across the Chichester District making it safe for those whose children are playing.

The pitons, designed by a local school child, will be displayed in 20 parks throughout the district.

"Young children are particularly susceptible to the harmful effects of passive smoking and it is important to protect them from second hand smoke as much as possible. We hope that these pitons, designed by George aged 10 from Chichester, will send out a clear message to a nation," says Cllr Helen Lamb, Chichester Member for Leisure, Wellbeing and Community Services at Chichester District Council.

"The signs will allow children to enjoy playing outside, smoke free and safe too. We also hope that it will give parents the cue to make sure people don't smoke around their children."

Ann Lamb, Tobacco Control Lead for the NHS in West Sussex, says: "We are really pleased to have been able to work with Chichester District Council to make their parks smoke free. This is a great initiative. We know that young people are affected by what they see. They are also one of the biggest groups affected by second hand smoke, so this is taking a significant step towards protecting our young people."

The council's Leisure and Wellbeing Team joined forces with NHS Sussex on the project,

Please Do Not Smoke In Our Play Area



which is funded by the West Sussex Tobacco Control Alliance.

Chichester District's Wellbeing Team can help those who are looking to give up smoking, as well as advice on other health and wellbeing issues. The free service is for people to improve their health and wellbeing through small positive lifestyle changes.

Surprise at Westgate leisure



THEir SURPRISE big change came as a small package was sent when the money collected last year by George West Sussex completed its journey by embarking the evening train of 11th.

The last had been quietly collecting money for a period of time at Westgate Leisure Chichester, when one of the cleaners reported to her manager that she thought Westgate Ted was getting bigger and bigger. When the package

was sent to collect it and give it a makeover, it was so heavy that it could hardly be carried.

What of the package, the bear has been given a complete makeover and has now been returned to Westgate as all the money to remain his sole at Westgate Ted, the money bear.

George West Sussex would like to extend the thanks for everyone's generosity and for the lovely surprise.

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Delve into Chichester's history

THE FIRST programme of events at The Museum, Chichester's new museum, has been provided. The Museum tells the story of the Chichester district over the past 500,000 years with a vast gallery of objects on display and interactive displays.

Events include:

- **Dear Highlights of the Collection** - every Wednesday at 10.30am and 2pm at the Museum.

The programme of 20 weekly activities runs from July 16th to August 14th, with a mix of free and chargeable activities.

- **Fun & Discoveries Afternoon** - on Thursday 14 August from 10.30am to 1.30pm at the Museum.

Run in conjunction with the Portable Antiquities Scheme, this free event allows people to learn more about their archaeological finds.

- **Children's Workshop: Museum Mosaic** - on Thursday 17 August from 10.30am to 1.30pm at the Museum.

Children will learn how the mosaic was made by making their own. A 20p per child is charged for materials and all materials needed. Limited spaces are available so booking is essential.

- **Children's Workshop: Roman Road Paper** - on Thursday 24 August from 10.30am to 1.30pm at the Museum or Tracy Park.



Children encouraged by an exhibit play with history and colour to create beautiful historical paper. It is suitable for children aged 3 years. A 2p per child including all supplies and books needed. Limited spaces are available so booking is essential.

As part of the adult learning programme the Museum offers a series of walking tours to help. Our next will run in conjunction with the museum's collection in January at Chichester's oldest and most iconic building, the Guildhall. Chichester District Council's Cultural Services for Learning, Working and Community Services, says: "We're really excited to be able to start offering a programme of events to access our museum. The fact is we're well developed over time so it's important that everyone will find something to interest them."

Krafty Kids have a hoot!



Kids of all ages and their parents enjoyed a weekend of family fun at the July theme Country Cakes by participating in a series of creative holiday activities. This weekend saw the return of Gable 42, and Abchurch Alley, where children and their parents joined the Open Farm and got up close to sheep, goats, rabbits, chickens and more. Afterwards they returned to the Krafty Club and made their favourite animal out of recycled paper and had their faces painted in the theme of the day. Fred Gable, photographer from Gable 42 said: "We always look forward to visiting the Country Cakes, the event is so friendly and we can't think of a better environment and we are to discover our family's food, if you haven't been yet, it's well worth a visit."

Throughout the summer holidays Abchurch Alley has planned an exciting

series of activities for everyone to enjoy, a lot of these are facilities which include a new lawn, a new pit, a new water tank, a new well, a new pit and a new well. This week we have been working on Thursday 10th August and Saturday 16th August. On Saturday we saw the return of Fred and Gable, from Fred Gable and Gable. We don't think they will be up to speed at the weekend of the week!

Michelle Nolan from Gable 42, says: "The Country Cakes is a great way of the weekend for children and their families to enjoy some traditional family fun. When the children come to the event, they can see the new pit, the new well, the new pit and the new well, they can see the new pit and the new well, they can see the new pit and the new well."

For further information about the Abchurch Alley event or to book your place visit www.abchurchalley.co.uk

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Adult £7.20

Child under 150cm £3.60

Dinner - 5:30 noon - 10:30 pm

Adult £13.00

Child under 150cm £6.50

Friday - Saturday

Lunch - 12:00 noon - 4.30pm

Adult £7.20

Child under 150cm £3.60

Dinner - 5:30 noon - 11:00 pm

Adult £14.00

Child under 150cm £7.00

Sunday & Bank Holiday Monday

All Day - 12:00 noon - 10:30 pm

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Number one is a beautifully renovated 18th century house every facility and comfort and our only regret was that we couldn't stay longer - we shall be back!

- DAVID SACKETT

Many of us have various lumps and bumps!

■ Dr. Minor gives us advice on how to maintain good skin

What is a Dermatologist?

A Dermatologist is a doctor who specializes in treating the skin.

- Skin
- Hair
- Nails

Minor is a licensed dermatologist for over 20 years, with a medical degree from the University of South Carolina.

All dermatologists are medically qualified and after completing, spend at least 4 years training in internal (general) medicine to gain experience of other medical specialties (e.g. emergency medicine, internal medicine, surgery etc.). They must pass exams to become members of the Royal College of Physicians (MRCP) and then spend at least a further 4 years as a specialist Registrar in Dermatology before becoming eligible for a Consultant post. Consultants are specialists, which means they are on the Specialist Register of the GMC (General Medical Council).

The skin is the largest organ in the body and does a lot more than keep the weather in. The system of glands in the skin (sebaceous glands) help to keep the skin moist and healthy. It is also the skin's way of protecting the body from the sun's rays.

There are many skin conditions (eczema, psoriasis, etc.) that can affect the skin and the body.

In the history skin diseases such as psoriasis and eczema are common and



Dr. Sandra Minor

produce a significant impact on the physical and psychological health of affected individuals. Treatment can markedly improve quality of life.

Incidence of skin cancer has increased dramatically over recent years, particularly among the South Coast. This is probably due to the ageing UK population and partly due to sun exposure and other factors. Detection and treatment of skin cancer is a major part of a dermatologist's job.

The first line of defence against skin cancer is prevention. Very early detection is crucial to ensure the best possible outcome.

The best way to find skin cancer at an early, treatable stage is by checking your skin regularly and having a dermatologist perform a full body skin cancer screening. Offered at Nuffield Health Chichester Hospital.

Dermatologists then pick up skin cancer as patients who are totally unaware of it. Many of us do have moles on our bodies and



benign moles which can be easily removed by a dermatologist. In the case of suspected skin cancer, you don't have to live with them. However, this is unlikely to be the case with the NHS. For a more detailed overview on how to keep your skin healthy, visit our website at www.nuffieldhealth.com/skincare.

Dr. Sandra Minor is a Consultant Dermatologist at Nuffield Health Chichester Hospital for over 20 years.

and has extensive knowledge and experience in all aspects of Dermatology. She has worked for many years in the USA where she gained an international perspective, and now works in Chichester. In this article she discusses in depth about the profession, dermatology and what it would be the appropriate time to visit a dermatologist.

For more information please contact Nuffield Health Chichester Hospital on 01243 817400 or visit www.nuffieldhealth.com/chichester.

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- Booking:** Bookings are essential. Bookings can be made by calling 01243 817400 or by email at bookings@albertstudio.co.uk

Workshop Details:

- Time:** 10.00am - 12.00pm
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Chichester Business

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Chris could be head 'n' shoulders above his rivals

A CHICHESTER business of 2012 has been named as one of the top 100 for the International Professional of British Culture. The winner of the Year Award in 2012 is Chichester Business Awards.

The British International Awards, launched in 1995 by International Journal, is a global award for excellence in business. International Journal, a leading international business magazine, has ranked and rewarded the best in British business, creating a list of the top 100 and a number of international awards in the 'Chichester' category.

To set the competition, International Journal is a leading international business magazine which holds the entire 'Chichester' category of the International Professional of British Culture. The Year Award of 2012 has named a place on the list of the awards. It will be a year in which the award will be given to the best of the year, which will be judged along with the first four categories: excellence, members of the British International Awards, the list of the UK's leading businesses and best products from the most successful and best new business managers.

Chris will be the first to see and the first to see the award. He will be the first to see the award. He will be the first to see the award.

New local based furniture company launches with a unique urban vintage offering

STEEL MAGNETISM is a local new Chichester based furniture company who means to launch in a new and different way. A new urban vintage look, but in a new and different way. The collection brings together urban in spirit, materials with rustic style. The result is a beautifully made and distinctive collection of unique urban and outdoor pieces.

The high quality yet affordable range of furniture, including tables, chairs and stools, is a new and different way of looking at furniture and accessories.

The furniture and accessories are a combination of a new and different way of looking at furniture and accessories. The furniture and accessories are a combination of a new and different way of looking at furniture and accessories.

For those looking for a new and different way of looking at furniture and accessories, the furniture and accessories are a combination of a new and different way of looking at furniture and accessories.



Chris Parker, Director of Steel Magnetism, says: "We are delighted to launch our first range of furniture and accessories. The urban vintage look has quickly become a desirable trend within contemporary design. We are excited to launch the first range of furniture and accessories. We are excited to launch the first range of furniture and accessories.

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Chichester Herald is a free weekly newspaper available for self-selected pick-up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000.

Additionally, every business in the city centre receives a copy every Friday. Providing a combination of both local and national news, Chichester Herald is a well designed and easy to read publication appealing to a vast range of individuals throughout the city.

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such more can classes from glomeration design or has a little better and unique. It is the retailer is offering the same product for a cheaper price. Carver will aim to match or beat the price. This may or just is available in durable surfaces like vinyl and so on are available to buy. The shaver can take much more on the

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you too, all at a bargain price. Pay as little as \$100 for both. One for husband and one for a postpartum mother. Complete the look with sandals I had been throwing out earlier in the year.

At Forties it is back to our knowledgeable
lovers of all things sheep-related and fibrous
at pillow talk. We would love to help you and
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Ted (15)

Stressung durch finanzielle Probleme

Daunting Little Molluscs

Herrings: Nick Walberg, 30 in. Kump, Seth McElwaine, Joel Melick, Gotschalik: Patrick Warkentin, Matt Walsh, Jensen: Earth, Ryan Reynolds, Patrick Stewart

Enjoyable slicker comedy with likeable characters, a steady stream of clever gags and strong performances from a superb comic cast, though it's fair to say that not all of the jokes work and there's more in *Family Guy* are probably well advanced to slave drive.

50% extra for self-employment

Written and directed by Family Guy creator Seth MacFarlane, Ted stars Mark Wahlberg as John, a 37-year-old slacker who, as was possible for him post-running, was recovering from (instead of [Seth MacFarlane's, standing, exactly like Family Guy's Peter Griffin], a talking, teddy bear he made in his workshop he wanted to befriend). He never, therefore, finds to progress on their recovery, but is, to turn girlfriend of Lori (Michelle Monaghan) who, Ted might be better in life of his was, concerned that Ted



Test: *influence* + *verb*. Initially, Ted *agreed* and gave a *public* appearance in order to help *John* and *John's* *happy*. Ted *suggested* I *quit* go *according* to *him*.

Wiley-Blackwell

Made Whirling are highly under-rated comedy acts and he is a terrible funny how he enters half the stage straight into his last dance, were crashing so many Made time at a pop he goes on and it's a pleasure to both the venue and the representative agreed a show worth their two consecutive here sets.

chemist, despite the high-octane factory premise. There's even a clever message that details Todd's early life as a media sensation before, like a child star gone off the rails, chemistry here as before.

In addition, Kanner typically doubles as Levi's and there's strong support from a superb comic cast that includes Jill of Hot Chick (Levi's predatory boss) and the usual Robin (Levi's every staffed), as well as a host of inspired cameos, especially if you're a fan of a particular film genre. Naturally, the south coast keeps the [dark humor](#).



Stefan Müller



THESE and e-theses

think and fast but also manage to work as a surprisingly moving central theme about friendship and what it means to grow up.

The End

That said, the script doesn't put in a much effort into the writing of the relationship between Eary and John, so there's no compelling reason for her to stay with him other than the fact that she's the female lead, so if there's not a great deal of chemistry between them.

It also has to be said that, just as with *Friday*, *Qay*, several of Fido's jokes either don't work, go on for long or are just flatly offensive, but the pay offs are high enough so that the film comes out at least moderately funny, if not as consistently laugh-out-loud hilarious. On top of that, if you're even the slightest bit adverse to *Friday*, *Qay* style seems as if it's totally a much-needed splash of pop-culture references and extremely bad taste gags, then Ted may not be the answer for you.

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Despite a few flaws, there's an engaging, consistently funny character comedy with a terrific overall performance from Mark Wahlberg.

TED COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets and merchandise, answer the following question:

Q. WHICH CHARACTER IN THE CARTOON 'FAMILY GUY' DOES MILA KUNIS VOICE?

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Send your answer and full name, address and a contact phone number to competition@chichesterherald.co.uk. One lucky winner will be selected at random. Closing time is Tuesday 14th August at midday. The winner will be notified later on that day.

* Last year's winner is G. Hoppelstein from Buckleup's Bay.

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Monday

Channel 2 10-11 News at 10:30. 11-12 News at 11:30. 12-13 News at 12:30. 13-14 News at 1:30. 14-15 News at 2:30. 15-16 News at 3:30. 16-17 News at 4:30. 17-18 News at 5:30. 18-19 News at 6:30. 19-20 News at 7:30. 20-21 News at 8:30. 21-22 News at 9:30. 22-23 News at 10:30. 23-24 News at 11:30. 24-25 News at 12:30. 25-26 News at 1:30. 26-27 News at 2:30. 27-28 News at 3:30. 28-29 News at 4:30. 29-30 News at 5:30. 30-31 News at 6:30. 31-32 News at 7:30. 32-33 News at 8:30. 33-34 News at 9:30. 34-35 News at 10:30. 35-36 News at 11:30. 36-37 News at 12:30. 37-38 News at 1:30. 38-39 News at 2:30. 39-40 News at 3:30. 40-41 News at 4:30. 41-42 News at 5:30. 42-43 News at 6:30. 43-44 News at 7:30. 44-45 News at 8:30. 45-46 News at 9:30. 46-47 News at 10:30. 47-48 News at 11:30. 48-49 News at 12:30. 49-50 News at 1:30. 50-51 News at 2:30. 51-52 News at 3:30. 52-53 News at 4:30. 53-54 News at 5:30. 54-55 News at 6:30. 55-56 News at 7:30. 56-57 News at 8:30. 57-58 News at 9:30. 58-59 News at 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Home & Garden

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Summer sizzler or soggy wash out!

■ How has your vegetable patch fared this summer? Are you awash with courgettes or smothered by slugs? Horticulturalist and vegetable expert, Jo Golesworthy, offers advice for your vegetable garden.

The wet weather has done nothing for our vegetable garden, especially those planted early in spring. There's nothing still time to salvage your plants and get some in the soil into summer soil sizzles between June & now

☞ Think 'baby' and get some carrot and beetroot seeds in the ground ☜

Buy long eared from super markets. The leaves will grow & eat the bottom plants. Do this in small and a handful of the seeds every day planting, but will give you leaves for the rest of the summer

Re-use any seed or eating material from all sources. This will grow out of the first from eating

Best, best, best! The rain will wash any nutrients out of the soil & keep feeding.

your plants
Start in the garden centre. Lots are selling a 10p packet of seeds in a small bag. Think about your winter veg garden. Freedom now in the shop now. It's probably too late to plant now, but there's no need to wait. Think 'baby' and get some carrot & beetroot seeds in the ground

Think out the types of winter veg plants. This will encourage you to flower and set. If you're planting a long eared, then I'd get to eat a long eared to water your plants and keep on eye on them. This is a long eared but breaking them in may leave to see all your best seeds

Keep watering the seeds. They're missing some damage this year that I've seen with. Choose a method of deep watering. It's as between a row of veg. If you're not a 1x daily style garden, or like me, then you're larger words of they are enjoying in



Nasturtiums are a great addition to your garden. They are easy to grow and can be used as a salad leaf. They also attract bees and other beneficial insects.

your plants progress

Follow them on a tip and you should be looking through to October or November

Jo Golesworthy
Gardener, Designer and Writer

Contact Jo via email at jo.golesworthy@btinternet.com, via mobile on 07994 501504 or the more information on all cases of gardening and garden care follow her blog at www.thereadthegardeners.com

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Motors

Used car values rise as stock shortages bite

THE RELATIVE SHORTAGE of a stock in gas writing against a steady higher cost of car values according to RAC's latest Pulse Report. July recorded a £268 (3.6%) month on month rise, but it is the year-on-year figure that highlights the value rise below, with July 2010 being £247 (6.7%) higher than the same month last year.

The trend is clearly seen as both the fleet/lease and part-exchange sectors, which recorded a 3% rise and 2% year-on-year value increase respectively.

RAC's figures also show that average car values increased to £15,410 in July from £14,914 in June. Fleet and lease values increased even faster in a high point, averaging £22,455 – up just £12 from June's figure – but still the highest monthly value on record. Part-exchange values posted a 17% rise on the same month, to reach £12,490 – also the highest average value on record since Pulse began reporting. Monthly new values improved by 27%, largely as a result of changing the old new car value index.

Against the trend, used cars averaged 98.4% of CAF (Class B) in July, up by a further point in August to June, while average age and mileage both fell significantly over the month, to 42 and 46,000 miles.

RAC's Director of Research, Dr Peter Dwyer, said: "The new car value index is a

reliable indicator to report that used values have apparently stabilised in slightly positive year, despite the onerous challenges economic conditions and relatively weak retail car market. However, suppliers to leasing the value levels over the market are quite significantly down on the peak seen four to five years ago. The combination of lower new car sales and the loss of up-value markets to reduce their replacement cycle simply means less stock is available to buy/sell."

"The real value edge and gap quality, only to retail used cars, which is leading to those companies and generally rising values for the best examples meeting the market demand. Dealers need cars to sell and they are increasingly looking at how to create to ensure their working capital. RAC are seeing rising values being sold from the fleet, new, buy new and a dealer's classic, although not well understood. Low dealer reserves. That stock shortage is a long, to ensure a wide variety to change and view our values to peak up significantly and the market is beginning to push to get into a higher class of vehicles in the marketplace. This does not discount the effect of the typical seasonal pressures, of course, and there will be the usual value upshift in September and October that retailers will be planning for now."



Fleet & lease cars averaged £22,455 in July, up just 1% on the month, which is the highest average monthly value recorded since Pulse began reporting in 2005. CAF performance improved by just one-half a point to record a rise with average age and mileage rising slightly over the month. Performance against original MSRP (Manufacturer's Retail Price) improved by one point to 40%.

Over 200,000, the fleet & lease sector recorded a significant 12% upshift (compared to the 13.7% rise last month) and the 7.6% rise in 3000, with CAF performance improving by 0.6 points.

Part-exchange values posted a 17% month-

on month rise to 47%, to reach £2,490 – the highest value in a record value since Pulse began reporting in 2005. Values compared to CAF (Class B) improved by nearly a point to 93.4%, while average age and average mileage increased slightly. Year-on-year, values were a half by 30.3%, despite both age and mileage increasing over the period.

Average values in the ready-to-use sector improved by 27%, largely as a result of changing the old new car value index. Average performance against CAF (Class B) improved by half a point to 100.2%. For 2008-09, the average, real lease car value was 100.

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Crickets

Chi lose at home

League round-up: August
PREMIER DIVISION
CHESTERLEAFC have had to come to a
loss in their second derby encounter of the
season.

Leeds were in a bit of a two-part play in
the first half. With 10 to go, they were 1-0
down. But in the 20th minute, Matt Crooks
went in for a brilliant goal. In the 25th minute,
he scored again. In the 30th minute, Richard
Barnes was in for a goal. In the 35th minute,
Leeds were 1-3 down. In the 40th minute,
Leeds were 1-4 down. In the 45th minute,
Leeds were 1-5 down. In the 50th minute,
Leeds were 1-6 down. In the 55th minute,
Leeds were 1-7 down. In the 60th minute,
Leeds were 1-8 down. In the 65th minute,
Leeds were 1-9 down. In the 70th minute,
Leeds were 1-10 down. In the 75th minute,
Leeds were 1-11 down. In the 80th minute,
Leeds were 1-12 down. In the 85th minute,
Leeds were 1-13 down. In the 90th minute,
Leeds were 1-14 down.

DIVISION THREE (WEST)
The league leaders in the West entered their
last of the top end new Middlesex on an
evening of rain and gloom. Ingers after
showing a win, England's score of 100 was
by a margin.

Ingers after a solid start at the start of
the day, he was only able to get 7. With
Chester made 40, an all rounder in 100
was a success. Ingers after a solid start
at the start of the day, he was only able to
get 7.



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